

Coil fitting checklist – for intrauterine devices (IUD) and intrauterine systems (IUS)

Please complete this checklist to ensure that we are able to fit your coil at your booked appointment. This checklist will also provide you with some important information about having a coil fitted.

Please tick the boxes to confirm that you have understood and are ready to book your coil fitting appointment:

- I have watched the video on coils via the link on the Jefferiss Wing webpage *or* read the leaflet *or* I already have an IUD/IUS and am familiar with this contraception method
- I am using an effective method of contraception and haven't had any problems eg burst condom, missed pills, IUD overdue for change.
- I have not had unprotected sex (or used the withdrawal method) since my last period.
- I understand that it is not safe to insert an IUD/IUS if I might be pregnant.
- I will make sure that I have eaten on the day of the appointment. (You may also wish to take an over-the-counter painkiller 30 minutes before your appointment.)
- I understand that an IUD/IUS is more than 99 per cent effective (less than 1 in 100 chance of pregnancy).
- I understand that there is a small risk (1 in 1,000) that the IUD/IUS might go through (perforate) my womb or cervix when it is put in. If this does happen, the IUD/IUS may have to be removed surgically.
- I understand that there is a 1 in 20 chance of the device falling out.
- I understand that there is a small risk of infection (1 in 100) in the first 20 days following insertion of a device.
- I know that a copper IUD will make my periods slightly heavier, longer and more painful.
- I know that an IUS will make my periods much lighter but causes erratic bleeding and spotting in the first few months of use.

Book your coil fitting here: <https://www.zesty.co.uk/practices/jefferiess-wing-coil-iud>